



## Find a Coach

**Name:** Paul Davies

**Location:** Christchurch

**Contact details:** 021 2 TRIFIT (874348) or [visionpt@windowslive.com](mailto:visionpt@windowslive.com)

**Coaching experience (triathlon):** 6 months programming for clients with some one on one run and swim sessions, group cycling classes

**Coaching qualifications (all sports):** Level 1 Tri NZ Coach, REPs Registered Personal Trainer

**Specialist knowledge:** Long Course Triathlon

**Competitive experience in triathlon:** NZ age group Long Distance World Champ Athlete, 5<sup>th</sup> age group IMNZ 09, 2<sup>nd</sup> age group Port of Tauranga Half 09 , 4<sup>th</sup> age group South Island Half 09

**Triathlete groups I prefer to coach:**

Beginner to intermediate level athletes looking to compete in Half or Full Iron Distance Events

**Website:** Can view a profile page via Quest Website which is [questhealthclubs.co.nz](http://questhealthclubs.co.nz)



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